

## Press Release

### **Renowned Academician and Authors Kuldeep Surolia Launches His Book “Super Brain Yoga”**

*A Self Help and To-Do Book That Is Part of the Sadvidya Series*

**Bengaluru, January, 22<sup>nd</sup> 2018:** Renowned academician and author Kuldeep Surolia launched a self-help and to –do book Super Brain Yoga today. Part of the Sadvidya series, it seeks to guide students to perform certain traditional Indian exercises under the supervision of their parents to help them improve memory and academic performance.

Kuldeep Surolia talking about the book, said “The concept of Super Brain Yoga is an ancient Indian practice that has taken the West by storm. This book is part of the Sadvidya series of books which seeks to educate children in a holistic and organic manner so that they grow up to be truly rounded individuals and model citizens of their country and the world.

Given the multiple crises that seem to assail the Indian education scenario, this book by Kuldeep Surolia offers a gentler way of becoming a super achiever that neither antagonizes one’s peers nor damages the environment.

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